



# NBCC Lunch Program

# OCTOBER 2012

Mon	Tue	Wed	Thu	Fri
<b>1 Zarandeado Fish</b> White Rice, Flour Tortilla, Cucumber & Tomato Salad, Fruit	<b>2 Sweet &amp; Sour Pork</b> Over Rice, Roll Sugar Snap Peas Pineapple w/ Coconut	<b>3 Turkey Noodle Soup</b> Turkey Sandwich Tomato Mushroom Salad Pears, Cranberry Sauce	<b>No Lunch Served on Thursday's</b>	<b>5 Orange Glazed Fish</b> Rice Pilaf Asparagus, Oranges Dinner Roll
<b>8 Pork en Salsa Verde</b> Tortilla Garbanzo Bean Soup Fruit	<b>9 Chicken Parmesan</b> Pasta, Garlic Bread Italian Green Beans Cherry Cobbler	<b>10 Black Bean Soup</b> Spinach Salad Melon, Breadstick Pumpkin Spice Cake	<b>LUNCH FEES:</b> 60+ \$3.00 Suggested Donation Under 60 \$5.75	<b>12 Lasagna</b> Garlic Bread, Salad Green Beans, Plums Brownie
<b>15 Enchilada Suiza</b> Garden Rice, Zucchini - Salad, Chips Strawberries & Cream	<b>16 Meatloaf</b> Mashed Potatoes, Roll Carrots, Plums Oatmeal Cookie	<b>17 Corn Chowder</b> Fish Florentine Scandinavian Veggies Roll, Fresh Fruit	<b>LUNCH SERVED AT NOON</b>	<b>19 BBQ Pork</b> Brown Rice Riviera Vegetables Mango & Pineapple
<b>22 Fish Taco</b> Tortilla Soup Mexican Rice Fruit	<b>23 Chicken Marsala</b> Roasted Red Potatoes Cauliflower, Roll Spiced Apples	<b>24 Pork Tenderloin</b> Pork Tenderloin Mushroom Soup, Roll Baby Carrots, Kiwi		<b>26 Honey Mustard Chicken</b> Garlic Mashed Potatoes Baby Carrots, Roll Rasp/Peach Crumble
<b>29 Mexican Meatloaf</b> Mashed Potatoes Green Salad Roll, Fruit	<b>30 Baked Ham</b> Sweet Potatoes Green Beans, Dinner Roll Pears	<b>31 Halloween Luncheon &amp; Costume Contest!</b> Chicken Fright Steak Monster Mashed Potatoes Ghoulish Gravy, Bloody Beets Boo! Bread, Frightful Fruit	<b>Sign-up at the front desk by 10/22 for the Halloween Luncheon &amp; Costume Contest! Pre-registration is required.</b>	

**For information please call 425-452-7681. North Bellevue Community Center 4063-148th Ave NE, Bellevue, WA 98007.**

Nutrition analysis includes 1% milk. (Butter is optional and increases the fat content of the menu.) This Menu is subject to change.

Consuming raw or undercooked eggs, meat, seafood, and un-pasteurized milk and juices may increase your risk of food borne illness.